

# HELPFUL HINTS

— FOR THE  
HOUSEWIFE



QUAKER MILLS  
SASKATOON — PETERBOROUGH

*In this little book of Household Hints is published the result of a prize contest held for the purpose of discovering new and original uses for Quaker Flour Sacks. It is a record of the resource and ingenuity of the Canadian Housewife, and will suggest many useful articles that can be added to the household and the farm practically without cost.*

*Never throw away an empty Quaker Flour Sack. Make it into something useful.*

*Many of the articles mentioned in this booklet can be made from "Mother's Flour" gingham sacks, which, being made of good quality blue gingham in an attractive pattern, will also be found most useful for trimming articles made from Quaker Flour Sacks. Ask your grocer for "Mother's Flour" in Gingham Sacks.*

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*Use QUAKER Products*

# Your Reputation as a Cook

depends upon the flour you use. Let the Quaker Guarantee Tag protect it. If you bake with Quaker Flour, you can be certain of always-

the-same, always-the-best results. No last minute failures.



**Quaker Flour**  
*-is Guaranteed*

*Always the Same  
Always the Best~*

IF FOR ANY REASON YOU HAVE TROUBLE  
WITH QUAKER FLOUR, YOUR GROCER WILL  
REFUNDS SAME OR GIVE YOUR MONEY BACK.

The Quaker Oats Co.  
Saskatoon and Peterborough



## *Successful Baking*

comes easy when you use quality ingredients.

When buying flour, you should look for this tag on the bag.

It is our guarantee of uniform quality and texture.

# Quaker Flour

*Always the Same ~ Always the Best*

A product of the Quaker Mills  
Saskatoon and Peterborough

## PREPARATION OF QUAKER FLOUR SACKS FOR USING—BLEACHING, AND METHODS OF TRIMMING

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There is practically no limit to the uses of cotton fabric, and Quaker Flour Sacks, being of the highest grade of unbleached cotton, are more than welcome in every home.

The value of empty Quaker Flour Sacks in the home has evidently been recognized for a long time, but it remained for the Quaker Flour Prize Contest to disclose their immense popularity. They will clothe the family and supply linens and furnishings for the house.

oo oo

### PREPARATION OF QUAKER FLOUR SACKS FOR USE

Open the sack by undoing the chain stitch at the bottom of the bag, and ripping upwards.

Soak the sack in cold water to remove the lettering, and then boil with the ordinary wash.

oo oo

### BLEACHING

In the summer, place the sack on the grass in the sun wet from the boiling water. Sprinkle each day until sufficiently white. In the winter, frost acts in the same manner as the sprinkling, and the sacks can be left out on the line until white.

oo oo

### METHODS OF MAKING AND TRIMMING

It is impossible to give in a book suitable for daily use all the articles which can be made from Quaker Flour Sacks, and we have therefore chosen the following as being representative. They will naturally suggest many other uses.

Only a brief outline of each article is given, leaving it to individual taste to choose pattern and trimming. Many do not require descriptions; others, such as children's wear, vary in size and pattern to such an extent that we are merely listing them.

The most popular methods of trimming unbleached cotton are combining with dyed Quaker Flour Sacks: cretonne, chintz and ginghams; appliques of fruit and flowers of colored material; embroidering with colored wools, silks and cottons; edgings and insertions of lace and crochet or rick-rack braid, and stencilling.

# Use the Gingham Sacks

Every sack in which Mother's Flour is packed is made of best quality Blue Gingham in a dainty check pattern, specially designed, with only one seam, so that when ripped you have over a square yard of beautiful material for making children's dresses, rompers, aprons or a hundred other useful things.

*The Quaker Oats Company, Saskatoon, will send you, on request, a booklet entitled "Helpful Hints," showing you how to make use of Mother's Flour Gingham Sacks. The printing on the sack washes out quite easily.*



Every Home Can  
Make Use of

## Mother's Flour

*in the New*

## GINGHAM SACKS

# HOUSEHOLD



## FURNISHINGS

### CURTAINS

*Window*—Cut Quaker Flour Sack across weave so as to join by lacing selvedge edges together, or join with narrow insertion. If insertion, finish edges with lace.

*Cupboard or Small Window*—Usually one Quaker Flour Sack is long enough. Cut lengthwise and use half for each side for convenience in pushing back. Stencil design across the bottom.

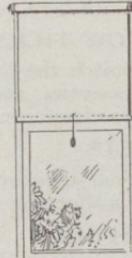
*Bed*—Join by lacing edges together. Hem and sew rings at top to hang on wire or rod.

### BLINDS

Dye Quaker Flour Sack green. One for half blind, two for full length. Make small hem in the bottom for placing stick in, and tack the top to spring roller.

### WINDOW OR BEDROOM BOX

Make a cover for a wooden box and attach by means of leather hinges. Dye Quaker Flour Sacks and tack all round the sides, stretching tightly. Pad the lid and cover with Quaker Flour Sack. If box is rough inside, paste a sack around the sides and bottom. Use for clothing or linen.



### COUCH COVER

Dye Quaker Flour Sacks green, join together, place over couch and cover edges with furniture tape, and tack with brass tacks.

*Removable*—Join Quaker Flour Sacks together for cover of couch, dropping over edge two inches. Make valance and pleat on to cover. This can be removed and washed.

### CUSHIONS

A variety of shapes and colors can be made by dyeing a number of Quaker Flour Sacks at the same time, and combining the colors.

### SCREEN

Make a frame of light wood, hinging the sections together, and stain. Use natural Quaker Flour Sacks and tack to frame, stretching tightly. Cut colored figures from heavy paper or cloth and paste on the sacks.

### LAMP OR CANDLE SHADES

Cut Quaker Flour Sack to pattern of wire shape, join sections and sew to frame. Applique with colored design.

### CARD TABLE COVER

Use one large Quaker Flour Sack. Cut a small square from each corner and bind the whole with colored tape. Sew tapes to each point of corner to tie around leg and underneath the table. Embroider or applique an ace of hearts, diamonds, clubs and spades in each corner.

Many of the articles mentioned in this booklet can also be made from the "Mother's Flour" gingham sack. Ask your grocer about "Mother's Flour."

*QUAKER Flour—Always the same—Always the best*



# HOUSEHOLD

## FURNISHINGS—(Continued)

### BEDROOM OR BATH MAT

Tear dyed Quaker Flour Sacks in strips and hook, punch or braid to pattern. Patterns can be obtained from any woman's magazine.

## LINENS

### TOWELS

*Roller*—Cut one Quaker Flour Sack lengthwise and join ends together and hem edges.

*Hand*—Cut to any size and crochet ends or fringe.

*Dish*—Hem and fasten loop of tape at corner to hang up by.

### PILLOW SLIPS

Two well-bleached Quaker Flour Sacks make a pair of pillow slips with three-inch hem.

### PILLOW TICKS

Starch the Quaker Flour Sacks, and when ironing rub beeswax over the hot cloth. This keeps the feathers from coming through.

### SHEETS

Four Quaker Flour Sacks joined with flat seams make a sheet for a four-foot bed. Two for single.

### BEDSPREAD

Four Quaker Flour Sacks joined together with insertion and edged with lace.

### PATCHWORK QUILT

Dye pieces of Quaker Flour Sacks left from other articles and sew into pattern.

### FOUNDATION FOR COMFORTER

Join eight Quaker Flour Sacks together—four for each side. Pad with cotton batting, and quilt with machine or tie with wool.

### BED TICKS OR MATTRESS COVER

Eight large Quaker Flour Sacks joined together—four for each side—and sew up three sides. For Mattress Cover, fasten tapes at the top to tie. The tick is better sewn up after filling is put in.

### LUNCHEON SET

One large Quaker Flour Sack left natural color. Blanket stitch edges with colored wool, and outline tea pot, cream jug and sugar bowl in one corner. One sack makes four serviettes. Finish in same manner, working a cup and saucer in the corner of each.

### SILENCE CLOTH

Join desired number of Quaker Flour Sacks together and pad with old blankets. Bind edges, and quilt on machine.



Use "Mother's Flour" Gingham sacks for trimming articles made from Quaker Flour Sacks. Ask your grocer for "Mother's Flour."

# HOUSEHOLD



LINENS—(Continued)

## BUFFET AND DRESSER SCARFS

One Quaker Flour Sack cut lengthwise and ends joined with insertion and finished with lace.

## ASBESTOS MATS

Two or three thicknesses of cardboard serve as well as asbestos. Cover with Quaker Flour Sack and join edges with blanket stitch in color.

## LINEN ROLL

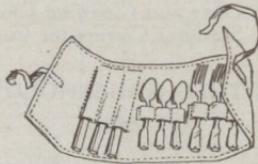
Take a cardboard tube the desired length. Turn over one end of a large Quaker Flour Sack and stitch, allowing just enough room to draw over the tube. Crochet the ends together over the ends of the tube and around the edges of the sack. Fasten tape or ribbon on back of roll to tie when linen is rolled up.

## PILLOW SHAMS

The 49-pound Quaker Flour Sack is large enough, and shams should be made to match bedspread.

## MATTRESS FOR CHILD'S BED

Cover clean old quilts or comforters with two Quaker Flour Sacks. Starch the sacks first and they will remain clean longer.



## GENERAL

### CUTLERY HOLDER

Two thicknesses of Quaker Flour Sack; bind edges with tape. Double over without cutting and stitch into compartments. Fasten tape on back to tie when silver is rolled up.

### LAUNDRY BAG

Leave the Quaker Flour Sack whole. Turn in the top and run a draw string through. Work "Laundry" with cotton.

### SHOE BAG

Bind edges of dyed Quaker Flour Sack. Fold up one-third of the way and stitch into compartments. Tack the top to inside of cupboard door.

### CLOTHES PIN BAG

Cut one Quaker Flour Sack into shape of apron, leaving the bottom edge to fold up to form pocket, and fasten corners into waistband. Tie around waist when hanging up clothes.

### COVER FOR IRONING BOARD

Pad the board with old sheets and cover with large Quaker Flour Sacks. Sew edges together underneath board.

Many of the articles mentioned in this booklet can also be made from the "Mother's Flour" gingham sack. Ask your grocer about "Mother's Flour."



# HOUSEHOLD

## GENERAL—(Continued)

### POT AND STOVE LIFTERS

Fold Quaker Flour Sacks into squares of desired size, bind with tape, leaving a loop at the corner to hang up by, and stitch across several times.

### MOP AND DISH CLOTHS

Knit the cord from Quaker Flour Sacks into cloths of desired size.

### BANDAGES

Quaker Flour Sacks cut into strips of different widths and kept rolled are very convenient.

### BINDINGS

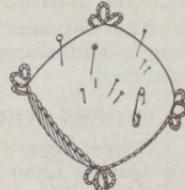
Cut Quaker Flour Sacks into bias strips, turn edges in with hot iron and use in place of tape for bindings and edgings.

### OTHER SUGGESTIONS

Bags for Smoked Ham or Bacon	Jelly Bags
Containers for Dried Fruits	Oven Cloths
Dust and Cleaning Cloths	Stair Carpet Pads
Summer Covers for Furniture	and Covers

### OTHER HOUSEHOLD ARTICLES EASILY MADE

Centrepieces	Pin Cushions
Doilies	Tray Cloths
Tea Wagon Service	



## CHILDREN'S CLOTHING

SEE NOTE ON PAGE 9

### CARRIAGE PAD

One Quaker Flour Sack and one-half pound cotton batting. Quilt on machine and bind edges with pink or blue.

### CORSET WAISTS

Use one Quaker Flour Sack, cut from double fold, and stitch tape or bands of material for supports and to sew buttons to. May be interlined for winter.

### FEEDERS

One Quaker Flour Sack makes four feeders. Cut to fit around neck and under arms, and bind edges. Tie with tape at the back. Animals may be cut from the dyed Quaker Flour Sacks and sewed on the Feeder.

### OUTSIDE DIAPER

Use one Quaker Flour Sack cut to pattern. Is much healthier than rubber.

### WASH HATS

Cut the crown in four sections and the brim round from Quaker Flour Sack and bind brim with cretonne. Or the crown may be of one color and brim another.



*"QUAKER" is a guarantee of quality*

# CLOTHING



## CHILDREN'S CLOTHING—(Continued)

*Note*—The number of Quaker Flour Sacks required naturally depends on the size of the child, and the housewife's own experience makes descriptions unnecessary.

*And these—*

Aprons	Overalls
Bloomers	Pyjamas
Bloomer Dresses	Sleepers
Linings for Coats	Dresses
Nightgowns	Underskirts
B.V.D.s for Boys	Wash Suits

## MEN'S CLOTHING

### SHIRTS

Three and one-half Quaker Flour Sacks are required for full size, and may be dyed blue or brown before being made up.

### B.V.D.s

Five Quaker Flour Sacks make two knee-length suits without sleeves, or with short ones.

### BRACES

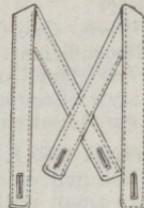
Three folds of Quaker Flour Sacks two and one-half inches wide. Stitch well and work buttonholes in ends.

### WATERPROOF SMOCK

Cut by pattern from four Quaker Flour Sacks. When made up apply two coats of linseed oil; or one of oil and one of black paint.

### Other Articles—

Handkerchiefs	Linings for Waistcoats
Pyjamas	Nightshirts



Many of the articles mentioned in this booklet can also be made from the "Mother's Flour" gingham sack. Ask your grocer about "Mother's Flour."

## WOMEN'S CLOTHING

### BLOOMERS

Use two Quaker Flour Sacks; cut to any pattern desired. Can be finished at knee with two rows of elastic to form garter.

### BRASSIERE

Cut from one Quaker Flour Sack; bone and take darts to fit over bust. Trim with suitable lace or insertion.

### CHEMISE

Two Quaker Flour Sacks make chemise with short sleeves, seam on the shoulder, and neck left large enough for head to go through. Three sacks will make two chemises, using straps for shoulders.

*QUAKER Flour has to pass our baker first*



# CLOTHING

## WOMEN'S CLOTHING—(Continued)

### ENVELOPE COMBINATIONS, OR TEDDIES

Make the same as chemise with shoulder strap, except adding a strap three inches wide sewn to the back and buttoned to the front. If desired, the bottom can be shaped and joined.

### UNDERSKIRT

Two large Quaker Flour Sacks gored, or shaped at the top. Place on a band or run an elastic through the top. Can be dyed and a band of cretonne added at the bottom to give length.

### HOUSE DRESS

Use three Quaker Flour Sacks—one laid double for waist and two for skirt. This makes a dress 50 inches in length. Bind sleeves and neck with contrasting color, and a sash or plain belt to cover join at the waist. Cut sleeves kimono style and leave the neck large enough to pull over the head.

### APRON

*Work*—One Quaker Flour Sack sewn to a waistband is sufficient.

*Tea*—One Quaker Flour Sack is enough for almost any style of apron, and by adding bindings and patch pockets of cretonne can be made very attractive.

### SEWING OR KNITTING APRON

Use half of a Quaker Flour Sack, with one large or two small pockets. Round corners and bind with contrasting color. Join to waistband or tie with strings in the back.

### DUST OR COOKING CAP, WITH SLEEVES

One large Quaker Flour Sack will make a complete set.

### OVERALL SUIT

Dye Quaker Flour Sacks dark blue and cut to pattern. Very convenient for working in garden.

### PYJAMAS

Four Quaker Flour Sacks will make one pair if faced around neck and fastened with loops of tape or frogs.

### NORFOLK JACKET

Worn by New Canadian Women. Use three Quaker Flour Sacks, bleached in summer, and dyed in winter.

### COLLAR AND CUFF SETS

From one Quaker Flour Sack three sets of Peter Pan Collars and Cuffs can be made, using cretonne for bindings.

### SHOPPING BAGS

Cut from one Quaker Flour Sack with the fold of the sack forming the bottom. Inset pieces at each end to give the bag width, and attach handle two inches wide to each side. Blanket stitch around the top and handle with colored wool, and applique design in color on the side.



Use "Mother's Flour" gingham sacks for trimming articles made from Quaker Flour Sacks. Ask your grocer for "Mother's Flour."

*There is health in every package of QUAKER Oats*

# FARM



## COVER FOR HOT BED OR COLD FRAME

Tack Quaker Flour Sacks sewn together securely to back of frame. Allow enough to come over front edge five inches, and tack to a narrow board, which will hold the cover in place and can be easily rolled back.

## BEEF RING BAG

Turn a hem in the top of a Quaker Flour Sack, and run a strong draw string through it. Use for carrying or keeping beef or other meats in.

## BREAD BAG

Bread will keep fresh and moist much longer if placed in a Quaker Flour Sack which has been dusted with flour.

## SACKS FOR SAUSAGE

Make sacks the desired size from Quaker Flour Sacks. Coat the outside with paraffin to keep the air out, and fill with sausage or head cheese.



## KEEP WATER OR MILK FROM SPILLING

Stretch a Quaker Flour Sack over the top of the barrel when hauling water, and a small piece over the top of the milk can before placing the cover on to keep from spilling over.

## VENTILATORS

Tack Quaker Flour Sacks over the windows in barns and poultry houses instead of using glass. This is much better for them, unless the buildings are too cold.

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## HORSE BLANKETS

Sew required number of Quaker Flour Sacks together. Pad with old blankets and quilt on machine. Bind around edges and attach tape to fasten with.

## OTHER FARM USES

Butter and Cheese Cloths  
Grain Sacks

Milk Strainer  
Vegetable Sacks  
Mend Binder Canvas

## TOYS AND NOVELTIES

### RAG DOLLS AND ANIMALS

Dye Quaker Flour Sacks and cut to pattern, using buttons for eyes, wool for outlining features and claws, and cotton batting to stuff them.

*Have you tried Tillson's Natural Bran Cookies?*



## NOVELTIES

NOVELTIES—(Continued)

### TENT (FOR CHILDREN)

Sew two or more Quaker Flour Sacks together and stretch over a pole or rope between two posts.

### SCRAP BOOK

Cover two large sheets of stiff cardboard with Quaker Flour Sack, leaving about an inch and a half between the cardboard. Bring the sack over the outside edges of the cardboard and paste on the inside. Cut Quaker Flour Sacks the size of the book when opened out, and stitch down the middle to the space left between the two pieces of cardboard. Paste the pictures to the sheets of Quaker Flour Sacks.

### JUMPER FOR BABY

Fold a Quaker Flour Sack cornerwise and place over an iron hoop, leaving room enough for the baby's legs to go through. Bring the centre corners up and fasten securely. Fasten three straps or ropes equal distances from each other on the hoop and hang from the ceiling.

### ALSO EASILY MADE

Athletic Shorts  
Baseball Suits  
Bathing Suits  
Bean Bags for Games  
Christmas Stockings  
and Bags for Candy

Fancy Costumes  
Curtain for Stage  
Flags  
Screen for Amateur  
Movies



## MISCELLANEOUS

### WAINGSCOTTING

Join Quaker Flour Sacks together. Apply a coat of smooth flour paste. Lay against the wall the same as burlap. Stretch tightly and nail two-inch board at the top and a wider one at the bottom. Give the wainscotting a coat of paste, and when dry, paint the desired shade.

### MEND PLASTERED WALLS

Paste a piece of Quaker Flour Sack over the broken plaster. When dry, paper or kalsomine over the top. A strip of Quaker Flour Sack pasted over the broken paper before putting on the new will keep it from cracking again.

### STORM DOOR

Sew two Quaker Flour Sacks together, starch very stiff and iron. Turn edges in and tack firmly to screen door. Paint if desired. This can be removed in the spring.

### PORCH CURTAINS

Sew Quaker Flour Sacks together, hem edges and sew rings to top and bottom to be strung on wire stretched around top and bottom of verandah.

Use "Mother's Flour"  
gingham sacks for trimming articles made from  
Quaker Flour Sacks.  
Ask your grocer for  
"Mother's Flour."

*Keep fit with QUAKER Oats*

# MISCELLANEOUS



MISCELLANEOUS—(Continued)

## AWNINGS

Make a light wooden frame. Dye some Quaker Flour Sacks green. Cut in strips and sew alternately with white. The top will be a straight piece, and the two sides shaped like a right angled triangle. A scalloped vallance can be added. Tack to frame. These awnings cannot be drawn up.

## HAMMOCK

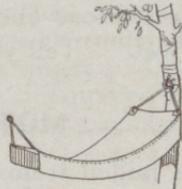
Five Quaker Flour Sacks sewn together, then doubled and sewn well. Stitch places for slats at head and foot. Attach ropes at each end. Vallance and cushions of contrasting color can be made for hammock.

## CAMP STOOLS AND COT

Cut Quaker Flour Sacks in strips three inches wide and stitch well. Tack on underneath side of stool and bring over the top and tack underneath the other side. Cover the seat with three thicknesses of Quaker Flour Sack, the edges well stitched. The strips on the cot should be about six inches apart.

## TOOL BAG

Three Quaker Flour Sacks placed one on top of the other and bound with tape and quilted on the machine. Join ends and attach handles of strips of Quaker Flour Sacks. Compartments can be made if desired.



## CARPENTER'S APRON

One Quaker Flour Sack, one-third turned up to make pocket, shaped at the top and band made for around neck, and strings around waist.

## BUTCHER'S OR BAKER'S APRONS

Shape a Quaker Flour Sack at top and fasten band for around neck. Attach tape to tie at the back. Hem raw edges.

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## UPHOLSTERING FURNITURE

When recovering furniture which is broken, stretch a Quaker Flour Sack over the broken part of upholstering and tack well to frame, then cover with the material desired.

## PARCELS

Wrap parcels going a long distance in Quaker Flour Sacks and sew edges together instead of tying. Keeps them in much better condition.

Covers for Clothing

Re-binding Books

Cover for Hot Water Bottle

Signs

Mail and School Bags

Tennis Tapes

Tack on lumber wall before papering

*The world's breakfast—QUAKER OATS*



# QUAKER P

## THE STANDARD

### QUAKER FLOUR

A first-grade wheat flour exceptionally high in food value. Quaker Flour is different and better than ordinary flour. Only the richest of selected Canadian wheat is used in its milling, and every sackful contains the same high quality flour. Many of the carloads of grain that reach our mills are reshipped because they do not come up to the Quaker standard tests. Each day's run of flour is tested by chemical analysis, and then put through our "home-baking" test, which ensures successful results under the conditions prevailing in your home. These are the reasons Quaker Flour makes such perfect bread and pastry. It is "Always the Same"—"Always the Best." Tell your friends of your success with Quaker Flour.

### MOTHER'S FLOUR IN GINGHAM SACKS

is milled from the finest of Western wheat in the Quaker Mills—a sufficient assurance of its goodness. You can use Mother's Flour in all your baking, knowing that the results will satisfy your expectations. Mother's Flour is packed in a Gingham Sack, which when opened out gives you a fine piece of gingham over a square yard in size, useful for making the garments and other articles mentioned in this booklet.

### QUICK QUAKER

Quick Quaker—the original quick-cooking rolled oats—is the finest and most wholesome oat dish in the world, and the most economical. It cooks in 3 to 5 minutes, giving you a hot porridge no matter how hurried you are, a meal that promotes strength and stamina for the day's work. Valuable china and aluminum premiums are packed in Quick Quaker cartons marked "Chinaware" or "Aluminum." Be sure you get the *original* quick-cooking oats—"Quick Quaker."

### AUNT JEMIMA'S BUCKWHEAT FLOUR

### FULL-O-PEP CHICKFEED

# PRODUCTS RD OF QUALITY



## PUFFED RICE AND PUFFED WHEAT

Wholesome, healthful grains—so different from any other cereal—Puffed Rice and Puffed Wheat tempt the most jaded appetites. They are steam exploded to promote quick and easy digestion, so that you get every ounce of nourishment out of them. Children who don't like other cereals eat all you can give them of Puffed Rice and Puffed Wheat. Keep a package of both on hand for variety.

## QUAKER CORN FLAKES

Have you tried these deliciously flavored corn flakes? The flavor in Quaker Corn Flakes is the result of the expenditure of much time and money in experimenting. *It is so good that we guarantee it.* (See the money-back guarantee seal on the wax wrapper.) One trial will convince you that Quaker Corn Flakes are unequalled in flavor as they are in quality. Premium coupons in every package.

## TILLSON'S NATURAL HEALTH BRAN

The daily use of Bran in some form is a very pleasant way to retain good health. It is an appetizing food that can be served in various forms as an ingredient in your baking (try the recipes on pages 19 to 21). Or it can be eaten plain with cereals or fruit or milk. Physicians will tell you to use just the natural untreated bran, such as Tillson's. It is the cleanest bran you can buy, and the most healthful.

## AUNT JEMIMA'S PANCAKE FLOUR

Everyone enjoys the delicious pancakes made from Aunt Jemima's Pancake Flour. They are so easy to make and so delicious. You are sure of making the most tempting, flavorful pancakes with this famous recipe ready mixed for you in the Aunt Jemima package. You simply add water or milk to Aunt Jemima's Pancake Flour in equal proportions and these wonderful cakes are ready in a twinkle. Aunt Jemima's Pancake Flour is easily combined with fruit, chopped meats or nuts—see recipes on page 22.

## QUAKER-TILLSON ALUMINUM OATS SCHUMACHER FEED



## RECIPES

### FOR HOME-MADE BREAD, PASTRY AND CAKES, USING QUAKER FLOUR

"Always the Same—Always the Best"

These recipes are original recipes from successful home bakers who use Quaker Flour. Each one has been tested in our laboratory bake-shop and is recommended by us.

#### IF YOU COULD VISIT OUR MILLS

Visitors to the Quaker Mills no longer marvel at the exclusive flavor, texture and goodness of all things baked with Quaker Flour. They see for themselves the infinite care with which Canada's finest wheat is treated from the berry to the sack.

They see how thoroughly the grain is selected and cleaned—how gradually and finely it is milled—to produce a perfect flour. They see how Quaker Quality is ever maintained, by constant vigilance and hourly tests in the process of milling—by an actual baking of bread from each day's flour under ordinary home conditions. Quaker Flour must bake up to the Quaker standard before it can leave the Quaker Mill.

They realize why no other flour can equal "Quaker." Try it for your next baking.

Baking perfect bread in the home is a simple matter, and it can be accomplished in a variety of ways. The recipes which follow are the methods of other housekeepers—not of the bakeshops—and to those who so kindly furnished us with their treasured recipes, on behalf of all Quaker Flour users we wish to express our thanks.

#### BREAD RECIPES

##### RECIPE No. 1

Boil three potatoes to pulp, strain, and to the potato water add lukewarm water to make two quarts. Add  $\frac{1}{2}$  cup of sugar and 1 cake of compressed yeast. Allow this to stand over night, or a period of 8 to 9 hours. In the morning make liquid lukewarm. Add 2 tablespoons salt and enough Quaker Flour to make dough sufficiently stiff not to stick to hands or board. Knead about two minutes and return dough to pan, which should be clean and well greased. Let rise until two and one-half times its size; this should take about 2 hours. Knead down and let rise a second time. Mould into loaves and put in pans. When dough has more than doubled its size put in a moderate oven and bake for about three-quarters of an hour.

This will make eight  $1\frac{1}{2}$ -lb. loaves.

##### RECIPE No. 2

Boil 3 potatoes and mash.	1 small handful salt.
Used potatoes and water they are boiled in.	3 tablespoons of brown sugar.
3 pints warm water in addition (rather hot).	3 tablespoons of Quaker Flour. $\frac{1}{2}$ yeast cake (dissolved in 1 cup of warm water).

Mix in enough Quaker Flour to make a thin batter and heat for 15 minutes. Let rise over night. In morning mix in enough Quaker Flour to make stiff; knead, let rise, knead again and let rise. Then make in loaves; let rise.

*As vital to a child as milk—QUAKER Oats*

# RECIPES



## RECIPE No. 2—(Continued)

When light bake in hot oven for 20 minutes, then turn oven down a little; bake for three-quarters of an hour.

This will make eight 1½-lb. loaves.

*The best results can be obtained only by using Quaker Flour  
in these recipes.*

## RECIPE No. 3

Boil to pulp three medium sized potatoes. Strain through colander. Add water to make 2 quarts. Add 2 tablespoons sugar and 1½ tablespoons salt. When cooled to about 80 degrees F. add two cakes Fleischman's Yeast, and when thoroughly dissolved, add Quaker Flour and mix well until dough does not stick to hands or board. Cover and put in warm place to rise; dough should be light and ready for second kneading in about 2½ hours. Allow dough to rise a second time and when light, mould into loaves and place in pans. When loaves have raised to about double their original size, place in moderate oven and bake for three-quarters of an hour.

This will make eight 1½-lb. loaves.

## RECIPE No. 4

3 sifters full or about 6 lbs. of Quaker Flour.	2 tablespoons salt.
2 eggs well beaten.	2 tablespoons melted lard or mazola.
1 cake of compressed yeast.	Sufficient water to make rather stiff dough.
2 tablespoons sugar.	

Put all the Quaker Flour in pan. Add sugar and salt and mix thoroughly. Make depression in flour into which you put small amount of water and yeast. When dissolved add eggs and water to make dough that will not stick to hands. When well mixed cover and place in warm room for about eight hours to rise, or over night. Punch down and let rise again, which should take about one hour. Mould into loaves and when about twice its original size bake in hot receding oven until thoroughly baked.

This will make eight 1½-lb. loaves.

## PIE PASTE MADE WITH BUTTER

3 cups Quaker Flour, well sifted	½ lb. butter
1 teaspoon salt	Or ¼ lb. butter and ¼ lb. lard, if preferred.

Cut the butter into the flour with two knives. Do not knead or touch with warm hands. Success depends on keeping everything as cold as possible. Add cold water gradually till moist. Sift flour over pastry board and rolling pin to prevent sticking. Roll out paste gently. Double over to centre and roll again. Keep cold till ready to use.

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*Only in the QUAKER package—Genuine QUAKER Oats*



# RECIPES

## PIE PASTE MADE WITHOUT BUTTER

1 teaspoon salt  
1 cup lard

3 cups Quaker Flour

Prepare in same way as indicated above for pie paste made with butter.

## LEMON PIE

1 heaping tablespoon Quaker Flour	1 1/4 cup sugar
1 heaping tablespoon butter	Juice of 1 1/2 lemons
1 1/4 cups milk	Grated rind of 1 lemon
2 eggs	Pinch salt

Melt butter in double boiler, mix in flour, adding milk gradually to make white sauce. Beat yolks of eggs, adding sugar gradually until very light, add salt, lemon juice and grated rind. Pour white sauce over egg mixture, beating steadily. Return all to double boiler and cook until it coats a spoon. Fill the pastry shell and let cool. Cover with meringue, and brown.

## MUFFINS

2 cups Quaker Flour	1/2 teaspoon salt
1 teaspoon sugar	Butter, size of an egg
1 teaspoon baking powder	Milk

Mix flour and butter, add sugar, baking powder, salt and sufficient milk to mix into a stiff dough. Bake for 10 minutes in quick oven.

## JELLY ROLL

1 cup Quaker Flour	1 teaspoon cream of tartar
3/4 cup sugar	1 tablespoon hot water
3 eggs	Pinch of salt
1/2 teaspoon of soda	

Sift flour and cream of tartar mixed. Beat eggs well; add sugar and salt and stir to dissolve. Add this mixture to the flour and beat until light and add soda previously dissolved in the hot water. Put in flat pan; bake 10 to 15 minutes. When baked take out of pan; spread jelly on underside and roll.

## ANGEL CAKE

3/4 cup Quaker Flour (sifted five times)	Whites of 8 eggs
1 cup white sugar	1 teaspoon cream of tartar
Pinch of salt	1 teaspoon vanilla or other flavoring

Beat whites of eggs to a stiff froth. Add gradually the cream of tartar, the sugar, salt, flour and flavoring. Bake in ungreased pan in moderate oven or forty-five minutes. Turn upside down to cool.

## SOFT GINGER BREAD

3 cups Quaker Flour	1 tablespoon of ginger
1 cup molasses	1 teaspoon of soda
1 cup milk	2 eggs
1/2 cup of lard	

Beat the eggs, add lard, beat again. Add molasses, milk, soda and ginger. Add flour carefully. Bake forty-five minutes in moderate oven.

We would appreciate and welcome recipes for bread or cake from interested readers.

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*Quaker Quality is always first*

# RECIPES



## TILLSON'S NATURAL BRAN

A pure, clean, natural Bran is the only Bran which retains all the dietetic qualities of the wheat coat. Physicians know this.

Tillson's Health Bran comes from plump, clean, soft winter wheat used in flour milling in the Quaker Mills.

We do not need to buy bran on the market. Every process in making it is under our own supervision. Tillson's Natural Bran is sterilized and packed in air-proof, dust-proof cartons.

Tillson's Natural Bran ensures the daily functioning of the human organs without the use of drugs. It works as nature intended.

Physicians recommend it.

For constipation stir two tablespoonfuls in a glass of water and swallow it before it settles. Do this daily.

Children like Tillson's Natural Bran with bread—spreads of jam, syrup or preserves. It's good with other cereals or soup. Sprinkle it liberally.

### BRAN BREAD

(Four and one-half hours)

Two quarts liquid yeast heated to luke-warm, add 1 quart Tillson's Natural Bran and 4 teaspoons salt and enough flour (warmed) to knead. Cover and let rise till nearly double bulk and knead down. When risen again put in pans and when double bulk bake.

*Liquid Yeast for Above*—One cup mashed potatoes, one-half cup flour, one-quarter cup sugar, one yeast cake softened for a few minutes in water and enough luke-warm water to make two quarts of liquid. Make at noon and keep luke-warm till evening. Set aside till morning.

### BRAN BREAD (No. 2)

2½ cups flour	1 cup raisins
1½ cups Tillson's bran	1 cup chopped walnuts
4 teaspoons baking powder	1½ cups milk
½ teaspoon salt	1 egg
½ cup brown sugar	

Mix flour, bran, baking powder, salt, sugar, raisins and walnuts. Add beaten egg and mix to a soft dough with milk. Put into greased tins and let rise in a warm place for 20 minutes. Bake in a moderate oven for 45 minutes.

### BRAN GEMS

(One and one-half dozen)

Two eggs, one-half cup sugar, one teaspoon salt, 6 tablespoons melted shortening, 2 cups buttermilk. Two cups flour sifted with 2 teaspoons soda. Three cups Tillson's Natural Bran. Mix in order given. Put into hot and well-greased gem pans and bake in a quick oven. One-half cup raisins added to above will make them even more delicious.

*Put health in your favorite food—Tillson's Natural Bran*



## RECIPES

### BRAN COOKIES

(Very healthful for children)

$\frac{1}{2}$ cup butter	1 teaspoon ground nutmeg
$\frac{1}{2}$ cup lard	2 cups Tillson's Natural Bran
1 cup brown sugar	$\frac{1}{2}$ cup Quaker flour
2 eggs, $\frac{1}{2}$ cup milk	2 teaspoons of baking powder
$\frac{1}{2}$ teaspoon ground mace	$\frac{1}{2}$ teaspoon of baking soda

Cream butter, lard and sugar together, add eggs (beaten), and milk with soda dissolved in it. Add dry ingredients, roll thin, cut and bake 15 minutes, and when done put two together with cooked dates or raisins or lemon cheese.

### BRAN JAM JAMS

2 cups Quaker flour	1 cup sugar
1 cup Quaker oats	1 teaspoon soda
1 cup dripping or fat	$\frac{1}{2}$ teaspoon salt, cinnamon, allspice.
1 cup Tillson's Bran (large)	Sour milk enough to mix above ingredients

Rub all dry ingredients together except soda, which should be dissolved in sour milk. Add sour milk and mix to soft dough. Roll thin and cut with cookie cutter. Now have ready one pound figs or dates or raisins, cooked with one cup of sugar and a little water, let cool. Now add one teaspoon of mixture to cookie and put one on top and press edges well together and cook in quick oven. This recipe makes a number, but they keep for a long time.

### STEAM PUDDING WITH TILLSON'S NATURAL BRAN

"Two-in-One"

1 heaping cup brown sugar	1 $\frac{2}{3}$ cups Quaker Flour
$\frac{1}{2}$ cup soft butter (not melted)	$\frac{1}{2}$ cup Tillson's Natural Bran
1 egg	1 level teaspoon soda
1 cup sour milk	1 level teaspoon baking powder

Mix altogether quickly and beat for 2 minutes. Steam in 6 individual dishes or mould with any kind of jam or chopped dates in the bottom of dishes which have been buttered, for 2 hours. Serve with brown sauce and whipped cream.

Add to remaining batter, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon allspice and and bake in a square pan, using any kind of icing you may prefer, or make into muffins.

### BRAN DROP CAKES

$\frac{1}{2}$ cup butter	2 teaspoons baking powder
1 cup granulated sugar	$\frac{1}{2}$ teaspoon salt
2 eggs	1 teaspoon cinnamon
$\frac{1}{4}$ cup sweet milk	1 teaspoonful allspice
2 cups Tillson's Bran	1 cup seedless raisins
2 cups Quaker flour	$\frac{1}{4}$ cup chopped walnuts

Cream butter, and add sugar gradually, add eggs well beaten, the milk and bran. Sift flour, add salt, baking powder and spices, also raisins and nuts. Add the flour mixture to the first mixture and thoroughly mix. Drop by teaspoonfuls on a greased pan, and bake in a rather hot oven.

*Puffed Rice, Puffed Wheat—The Children's Treat*

# RECIPES



## BRAN DATE BARS

1 cup Tillson's Natural Bran	1 cup chopped walnuts
$\frac{1}{2}$ cup Quaker Flour	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup granulated sugar	3 medium sized eggs (beat whites and yolks separately then blend).
1 $\frac{1}{2}$ cup dates (measured afterstoning and cutting up)	

Sift flour, sugar and salt over nuts, dates and bran. Mix dry ingredients thoroughly; add blended eggs. Mix well. Spread on buttered pan one-half inch thick. Bake in slow oven about half an hour or until a golden brown. While warm mark off in finger lengths as you would candy and sprinkle with light coating of icing sugar. Be careful not to have bottom of oven too hot as they scorch easily. Delicious for afternoon tea.

## FIG PUDDING

One cup Graham flour, one cup Tillson's Natural Bran, one teaspoon salt, one cup brown sugar, one-half pound figs (cut up), one-half cup of molasses, one cup suet, spices to taste, one cup Quaker flour, one teaspoon soda dissolved in one-half cup milk. Mix with dry ingredients and steam one and a half hours.

## BRAN DATE PUDDING

1 cup stale bread crumbs	Pinch salt
1 $\frac{1}{2}$ cups Tillson's Bran	3 teaspoons baking powder
1 cup flour	3 eggs (well beaten)
$\frac{1}{2}$ cup suet (chopped fine)	1 teaspoon vanilla
2 cups dates (chopped)	milk to moisten
$\frac{1}{2}$ cup sugar	

After mixing thoroughly put all in a well buttered bowl or individual pudding cups and steam three to six hours. Serve with rich whipped cream flavored or white sauce.

## BRAN CAKE

2 eggs	1 teaspoon soda
$\frac{3}{4}$ cup granulated sugar	1 teaspoon nutmeg
1 cup sour cream	1 teaspoon vanilla
2 cups flour	$\frac{1}{4}$ teaspoon salt
1 cup Tillson's Bran	1 cup dates
2 teaspoons cream of tartar	1 cup walnuts

Beat eggs and sugar until light; add cream; sift cream of tartar, soda, nutmeg, with flour; add bran; mix with eggs, sugar and cream, adding dates, walnuts and vanilla. Bake in a shallow pan.

## BRAN MACAROONS

$\frac{1}{2}$ package seeded raisins chopped	1 tablespoon Tillson's Natural Bran
$\frac{1}{2}$ cup chopped peanuts	1 tablespoon Quaker flour
$\frac{1}{2}$ cup powdered sugar	Stiffly beaten whites of 2 eggs

Mix raisins, peanuts, sugar and flour. Fold into whites of eggs well beaten, and drop by spoonfuls on buttered paper and bake until light brown in a moderate oven. Very delicious for afternoon lunches.

Many other baked dishes may be made with Tillson's Natural Bran. It gives variety to the family diet and improves the family's health.

It is recommended that you use QUAKER FLOUR in all Bran baking. Quaker Flour is the highest grade family baking flour, and it always bakes the same.

*Quaker Flour for bread you are proud of*



## RECIPES

### AUNT JEMIMA PANCAKE FLOUR

#### PANCAKES WITH SAUSAGES—A LA REINE

Roll well-seasoned sausage meat on a floured board until thin as pie crust. Cut into rounds slightly larger than pancakes, and fry in a little bacon drippings until nicely browned. Put a round of sausage between two freshly baked Aunt Jemima pancakes, and serve with sausage gravy made by pouring one-half cup thin cream in pan in which sausage was cooked and stirring until cream and meat gravy are well blended. Serve hot.



#### BLUEBERRY PANCAKES

Combine one cup Aunt Jemima Pancake Flour with 1 cup sweet milk or water. Add  $\frac{1}{2}$  cup blueberries. Strawberries, blackberries or raspberries may be used in place of blueberries.

#### CHEESE PANCAKES

Mix  $\frac{1}{4}$  cup grated cheese with 1 cup sweet milk or water and add to 1 cup Aunt Jemima Pancake Flour.

#### BANANA PANCAKES

Mix 1 cup Aunt Jemima Pancake Flour with 1 cup cold water or milk. Add 2 bananas sliced in thin crosswise pieces. Bake on a greased griddle.

#### FAIRY WAFFLES

Mix 2 cups Aunt Jemima Pancake Flour with 2 cups milk or water. Add 1 or 2 well-beaten eggs and 1 tablespoon melted shortening. Bake on a hot, well-greased waffle iron. Serve with butter and powdered sugar.

#### AUNT JEMIMA MUFFINS

To 2 level cups of Aunt Jemima Pancake Flour add gradually  $1\frac{1}{2}$  cups of water or milk, and 1 or 2 well-beaten eggs. Mix well. Add 2 or 3 tablespoons of melted shortening. Bake in muffin tins or in rings on the griddle.

If you enjoy Buckwheat Cakes, get Aunt Jemima Prepared Buckwheat Flour in the yellow package. Ready-mixed—just add water. No standing the batter overnight.

*Order a sack of QUAKER FLOUR*

# MISCELLANEOUS RECIPES



## PUFFED RICE CANDY

1 cup granulated sugar	1 tablespoon butter
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon salt
1 teaspoon vinegar	$\frac{1}{2}$ package Quaker Puffed Rice
2 tablespoons molasses	

Boil sugar, water and vinegar for five minutes. Add molasses, butter and salt. Keep boiling till a few drops in cold water become hard and brittle. Take from fire, stir in the Quaker Puffed Rice, previously crisped in oven, and spread on a dish to cool.

## PUFFED RICE MACAROONS

2 cups Quaker Puffed Rice	$\frac{1}{2}$ teaspoon vanilla extract
1 cup sugar	1 egg
$\frac{1}{2}$ cup melted butter	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{4}$ teaspoon salt	2 tablespoons Quaker Flour

Beat egg well. Add sugar gradually. Add melted butter and beat till light. Sift baking powder into flour, then stir in. Add the flavoring and Puffed Rice. Bake in moderate oven for 10 or 15 minutes. Remove from pan with broad bladed knife while still warm.

*Note*—A different but equally delightful flavor can be obtained by making the macaroons with Quaker Puffed Wheat instead of Puffed Rice.

## BRITTLE BAR WITH PUFFED WHEAT

2 cups granulated sugar	
Quaker Puffed Wheat (or Puffed Rice), nuts	

Put two cups granulated sugar in a perfectly smooth granite pan. Place on a range and stir constantly until melted to a syrup, taking care to keep sugar from sides of pan. Place nuts and Quaker Puffed Wheat (or Puffed Rice) in a buttered tin and pour syrup over this. Cool and mark into squares.

## PUFFED WHEAT KISSES

4 egg whites	1 cup powdered sugar
3 cups Quaker Puffed Wheat (or Puffed Rice)	1 cup chopped dates or 1 cup shredded cocoanut
$\frac{1}{2}$ teaspoon vanilla	

Beat the egg whites until stiff, then add sugar slowly. Fold in Puffed Wheat, dates (or shredded cocoanut) and vanilla. Drop from a spoon on buttered tin and bake in a moderate oven for about 30 minutes. Do not remove from pan until partly cooled.

## QUAKER NUGGETS

3 cups Quaker Puffed Rice (or Puffed Wheat)	$\frac{1}{2}$ cup sugar
1 cup molasses	1 tablespoon butter or margarine
2 tablespoons vinegar	$\frac{1}{8}$ teaspoon soda

Mix molasses, vinegar, sugar and butter. Heat slowly to the boiling point, then boil to 265 degrees or until a little of the mixture becomes brittle when dropped in cold water. Remove from the fire, stir in the soda and pour over the Puffed Rice in a large bowl. Stir with a large spoon until well mixed, then drop small spoonfuls of the mixture on waxed paper to harden.

*Quaker Corn Flakes—with the Guaranteed Flavor*



## MISCELLANEOUS RECIPES

### CORN FLAKE COOKIES

2 eggs  
1 cup sugar  
 $\frac{1}{2}$  cup butter  
1 teaspoon vanilla

$1\frac{1}{2}$  cups Quaker Flour  
2 teaspoons baking powder  
4 cups Quaker Corn Flakes

### CORN FLAKE MACAROONS

2 tablespoons butter  
2 eggs  
 $\frac{2}{3}$  cup cocoanut  
 $\frac{1}{4}$  teaspoon salt

$\frac{1}{2}$  cup sugar  
 $\frac{3}{4}$  cup Quaker Oats  
2 cups Quaker Corn Flakes  
 $\frac{1}{2}$  teaspoon baking powder

Beat eggs well, mix with Quaker Oats and let stand while creaming butter and sugar, mix both together and add cocoanut, corn flakes, salt and baking powder, drop by spoonfuls and bake in moderate oven.

### GRIDDLE CAKES

2 cups Quaker Oats (uncooked)  
1 teaspoon salt  
1 teaspoon baking powder (mix  
in the flour)  
 $2\frac{1}{2}$  cups sour milk or buttermilk  
1 tablespoon sugar

$1\frac{1}{2}$  cups Quaker Flour  
1 teaspoon soda dissolved in 2  
tablespoons hot water  
2 eggs, lightly beaten  
1 or 2 tablespoons melted butter  
(according to the richness of  
the milk)

Soak oats overnight in milk. In the morning mix and sift flour, soda, sugar and salt. Add this to oats mixture. Add melted butter. Add eggs. Beat thoroughly and cook as griddle cakes.

Janow, Manitoba.

The Quaker Oats Company,  
Saskatoon, Sask.

I am writing you this letter to let you know about my crystal set, the one I purchased (with coupons) some weeks ago. I am getting very good results with the set on a distance from Janow to Winnipeg of fifty-five miles as compared with thirty miles as you said in your catalog, and on this range of fifty-five miles it comes in clear and with good volume.

My aerial is about 70 feet long, six-strand wire,  $15\frac{1}{2}$  feet of lead-in wire and 10 feet of ground wire, and it works perfectly.

Yours truly,  
(Signed) CARRIE FRANKOSKI.

Every Quaker cereal package contains a Premium Coupon. Write for premium catalog.

Try Aunt Jemima Pancake Flour

## *RECIPES*



## MY OWN FAVORITES

*Quaker Flour—Always the Same, Always the Best*



## *RECIPES*

## MY OWN FAVORITES

*A quick, hot breakfast—QUICK QUAKER*

## RECIPES



## MY OWN FAVORITES

*Quaker Flour—for good results*



## TESTIMONIALS

"I have used your flour for seven years and I've tried other flour, but always go back to Quaker.

"Mrs. Henry Trimflay,  
Argo, Sask."

"After all the best is the contents of the Quaker Flour Sacks. I never made such good bread and pastry as since I have been using Quaker Flour.

"Mrs. J. B. Lemieux,  
St. Hippolyte, Sask."

"Quaker Flour is the best flour in Canada. I would not use any other.

"Mrs. Henry Ash,  
Kelfield, Sask."

"The very best thing an empty sack could be used for would be to have it filled again with Quaker Flour—the kind that satisfies.

"Mrs. Geo. L. Wilson,  
Kindersley, Sask."

"I have used Quaker Flour ever since it was introduced to me by my grocer last July. I have had success with my baking ever since.

"Mrs. B. J. Russell,  
Box 555, Red Deer, Alta."

"I have been using Quaker Flour for nearly two years and find it the best yet.

"Mrs. G. A. Fleming,  
Box 418, Yorkton, Sask."

"Am a constant user of Tillson's Natural Bran and can recommend it not only for its excellent food value, but also for the high standard of purity which we get in every carton.

"Mrs. E. G. McColl,  
442 13th Street, East,  
Prince Albert, Sask."

"I have been using Tillson's Natural Bran in all my baking for over two years, and have always had great success with it.

"Mrs. H. E. Fowlie,  
Box 70, Edson, Alta."

"We eat a great deal of bran. I am thankful that I am able to get as clean bran as Tillson's Natural Bran.

"Mrs. T. Hyslin,  
Mossbank, Sask."

"I have used Tillson's Natural Bran for several years with great success.

"Mrs. H. M. McNaughton,  
Ardath, Sask."

*Bread is good food made with QUAKER Flour*

*If you have a friend who would like a copy of this booklet, tell her to write us, giving us her name and address and the name and address of her dealer, and it will be forwarded to her by return mail.*

